

Basic Report 11116, Cabbage, chinese (pak-choi), raw

Report Date: October 20, 2017 17:29 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup, shredded 70g | 1 head 840g | 1 leaf 14g |
|--------------------------------|------|------------------------|------------------------|----------------|---------------|
| Proximates | | | | | |
| Water | g | 95.32 | 66.72 | 800.69 | 13.34 |
| Energy | kcal | 13 | 9 | 109 | 2 |
| Protein | g | 1.50 | 1.05 | 12.60 | 0.21 |
| Total lipid (fat) | g | 0.20 | 0.14 | 1.68 | 0.03 |
| Carbohydrate, by difference | g | 2.18 | 1.53 | 18.31 | 0.31 |
| Fiber, total dietary | g | 1.0 | 0.7 | 8.4 | 0.1 |
| Sugars, total | g | 1.18 | 0.83 | 9.91 | 0.17 |
| Minerals | | | | | |
| Calcium, Ca | mg | 105 | 74 | 882 | 15 |
| Iron, Fe | mg | 0.80 | 0.56 | 6.72 | 0.11 |
| Magnesium, Mg | mg | 19 | 13 | 160 | 3 |
| Phosphorus, P | mg | 37 | 26 | 311 | 5 |
| Potassium, K | mg | 252 | 176 | 2117 | 35 |
| Sodium, Na | mg | 65 | 46 | 546 | 9 |
| Zinc, Zn | mg | 0.19 | 0.13 | 1.60 | 0.03 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 45.0 | 31.5 | 378.0 | 6.3 |
| Thiamin | mg | 0.040 | 0.028 | 0.336 | 0.006 |
| Riboflavin | mg | 0.070 | 0.049 | 0.588 | 0.010 |
| Niacin | mg | 0.500 | 0.350 | 4.200 | 0.070 |
| Vitamin B-6 | mg | 0.194 | 0.136 | 1.630 | 0.027 |
| Folate, DFE | µg | 66 | 46 | 554 | 9 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 223 | 156 | 1873 | 31 |
| Vitamin A, IU | IU | 4468 | 3128 | 37531 | 626 |
| Vitamin E (alpha-tocopherol) | mg | 0.09 | 0.06 | 0.76 | 0.01 |

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|------------------------------------|-------------|---------------------------------|--------------------------------|------------------------|-----------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 45.5 | 31.9 | 382.2 | 6.4 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 0.027 | 0.019 | 0.227 | 0.004 |
| Fatty acids, total monounsaturated | g | 0.015 | 0.011 | 0.126 | 0.002 |
| Fatty acids, total polyunsaturated | g | 0.096 | 0.067 | 0.806 | 0.013 |
| Fatty acids, total trans | g | 0.000 | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0 | 0 |
| Amino Acids | | | | | |
| Other | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 |